

Back Jack Do It Again

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Amy Christian (USA) - January 2007
音樂: Do It Again - Steely Dan : (Albums: ShowBiz Kids)



32 Count Intro.

Sequence: 32, 32, 32, Tag, 32, 32, 32, Tag, 32, 32, 32, Tag, 32, 32, 32, Tag, 32, 32, 32, Tag, 32, 32, 32, Tag, 32, 32, 32, Tag, 32, 32 fades off.

CROSS SAMBA, CROSS SAMBA, CROSS, STEP BACK ¼ TURN, R COASTER STEP

1&2 Step R foot over L foot, Recover on L foot, Step R foot to right side,
3&4 Step L foot over R foot, Recover on R foot, Step L foot to Left side,
5-6 Step R foot across L foot, ¼ Turn right, stepping back on L foot,
7&8 Step back on ball of R foot(7), Step on ball of L foot, next to R(&), Step R foot forward(8),

STEP FWD, MODIFIED MONTEREY TURNS, R COASTER STEP

1-4 Step forward on L foot(1), Touch R foot to R side(2), Twist ½ turn right on L foot, Stepping R foot next to L foot(3), Touch L foot to L side(4),
5-6 Twist ½ turn left on R foot, Stepping L foot next to R foot(5), Touch R foot to R side(6),
7&8 Step back on ball of R foot(7), Step on ball of L foot, next to R(&), Step R foot forward(8),

(Easier Alternative Steps For The Modified Monterey Turns)

1-6 Step forward on L foot(1), Touch R foot to R side(2), Step R foot next to L foot(3), Touch L foot to L side(4), Step L foot next to R foot(5), Touch R foot to R side(6). Followed by a Right Coaster Step(7&8).

STEP, PIVOT ½ TURN R, ½ TURN TRIPLE STEP, ROCK BACK, RECOVER, FWD SHUFFLE

1-2 Step forward on L foot, Pivot ½ turn right on R foot,
3&4 ½ Turn right, stepping back on L foot(3), Step R foot next to L foot(&), Step back on L foot(4), (easier option for 1-4, Rock fwd on L, Recover on R (1-2), Back shuffle, L,R,L (3&4).
5-6 Rock back on R foot, Recover on L foot,
7&8 Step forward on R foot(7), Step R foot, next to L foot(&), Step forward on R foot(8),

MAMBO FWD, MAMBO BACK, ROCK RECOVER INTO A ¼ TURN, CROSS SHUFFLE & CROSS

1&2 Rock forward on L foot, Recover on R foot, Step slightly back on L foot,
3&4 Rock back on R foot, Recover on L foot, Step slightly forward on R foot,
5&6 Rock fwd on L foot, ¼ Turn R stepping R foot to R side, Step L foot across R foot,
&7&8 Recover on R foot(&), Step L foot across R foot(7), Recover on R foot(&), Step L foot across R foot(8).

TAG - 8 Count ? At Beginning of Walls 4, 8, 12, 16, 20 & 24.

CROSS SAMBA, CROSS SAMBA, CLAP, LOOK LEFT, SNAP, HOLD ON 2 COUNTS

1&2 Step R foot over L foot, Recover on L foot, Step R foot to right side,
3&4 Step L foot over R foot. Recover on R foot, Step L foot to left side,
5-6 Clap hands as you Touch R foot next to L foot(5), Snap fingers, looking left(6),
7-8 Hold that pose for 2 counts.

ENJOY!!

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